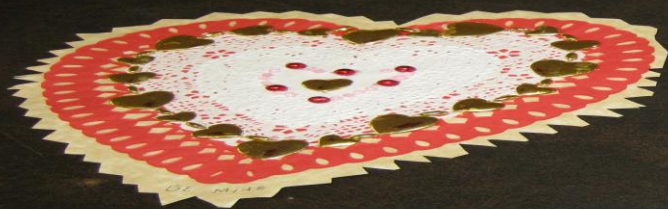


Northfield Senior Newsletter

February 2016



Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs

"This is Your Town"



Our second in this year's series about our history is "The Third and Last Settlement of Northfield" with Joel Fowler. Come join us for breakfast on the 4th Friday of the month from 9-11am. Call to reserve your spot: 498-2186



Meet your board: We have new members joining the COA board. Come check out the bulletin board to see who is representing you so you know who to talk to about your interests and concerns.

February Movies! *The First Friday Film* this month is "The Imitation Game" which is about the Enigma Code. Join us at 12:30 on Feb. 5 at the library. It's warm in the winter! The *Third Thursday Movie* this month is "American Graffiti", a classic. Join us from 7-10pm at the Library and enjoy a lively discussion with David Rowland Hope to see you there! Jointly sponsored by the *Council on Aging and the Library*



Generations of Fun meets the 3rd Thursday of the month from 1:30-2:30 here at the center. Our kindergarteners are a lively bunch and we have fun with different projects. Call to let us know you're coming!



Jennifer Calantropio, RPH from Walgreens will be here Feb. 11 at 11am to discuss Vitamins: what you need and what may interact with your medicines. Call to let us know you're coming!



Lorrie Byrom will be here Feb. 18 at 11 am to share her trip to India. Please call to sign up for lunch and learn about this amazing country.



FREE 65 & over Tax Time



Liberty Tax will be coming to the Senior Center Wednesdays, Feb 17 and 24 from 12:30-3:30, and Fridays, Feb 19 and 26 from 9:30-12. Liberty will do MA and Federal tax returns and E-file, including the circuit breaker. **Please call 498-2186 for an appointment.**

If you have a simple return, there is no fee. If you have a more complicated one due to a schedule A, you must call their office at 772-0202. When you make your appointment, you will be given a list of what you need to bring and a document to fill out prior to your appointment.



Jerry and Mable

Sunday, February 14 at 1:00: Join Steve Henderson and company for a heartwarming and funny play about Jerry and Mable who are senior citizens on a blind date. Steve Henderson is a professional actor who has been on stage in the valley as well as many other places. He has written several plays, including this one and loves to poke fun at himself! You will laugh and cry over the antics of these characters. This is co-sponsored with the Friends of the Library. Bring your friends and family to the Senior Center!

Sunday Outreach Concerts at Northfield Mt. Hermon

Feb. 21 at 3 pm: Orchestra, Concert Band, Jazz Band and World Music Combo. This is a benefit concert for Meals on Wheels. A long standing tradition, this is an annual event you won't want to miss! It will be in Raymond Hall in the Rhodes Arts Center.

Feb. 28 at 3 pm: Concert Choir, Select Women's Ensemble, Northfield Mt. Hermon Singers, Nellies, Hogapella and Northfield Mt. Harmony. This is a benefit concert for Big Brothers and Big Sisters. Another long standing tradition you won't want to miss! Another great concert in Raymond Hall!



Programs / Services

Senior Center Cancellation Policy

Listen to 98.3 WHAI, (WIZZ), Channel 6 or Channel 22.

*If Franklin County Home Care cancels its meal sites- there will be no congregate meal.

*If school is cancelled- the senior center and all its programs are cancelled.

*If school has a 2 hour delay we will have lunch and *afternoon* programming only.

The Senior Center is open Monday through Friday from 9am to 3pm.

TOWN WEBSITE



Have you seen the new town website? Check it out at <http://www.northfieldma.gov/>. All the town news is there. The Council on Aging and the Senior Center pages will keep you up to date on what's happening for seniors. The newsletter will be posted there, so it will always be handy. You can even make it possible to be notified when something is added! Now your families can see what's happening! There will be more to come as I continue to add to the site. Please let me know what you think, as we make this as useful as possible.



Do you like to play Bridge, Bingo, Mahjonn, Hand and Foot or Cribbage? We are always looking for more to join in the fun. In particular we need more Mahjonn players. We have some board games, cards, Chinese checkers, chess pieces and regular checkers. Is there another game you like to play or learn? Let us know! The more the merrier. And when you are here, sign up for lunch!

SNAP Benefits

Could you use some extra help paying for groceries? Supplemental Nutrition Assistance Program (SNAP) helps low-income people buy the food they need for good health. SNAP benefits are provided via an electronic card that is used like a debit card to buy food at most grocery stores. SNAP can help older Americans stretch their food budgets. Many homeowners receiving Social Security are still eligible. Call the center at 498-2186 to fill out an application.

Brown Bag

Would a bag of groceries once a month help stretch the food budget for you? Find out if you're eligible by calling the center and filling out an application.

Contacting Center Staff & services

Heather Tower Director 498-2901 x14
Amy Hall, Meal site mngr. 498-2186
Jeanette Tessier, Outreach, 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555, to cancel MOW call 773-7702
Transportation- Betty Stafursky, 413-834-4084

60+ FITNESS AND HEALTH PROGRAMS

HEALTHY BONES AND BODY EXERCISE

CLASS with Mary Lyle meets Wednesdays 11am-11:45am; sponsored by RSVP.

60+ YOGA with Libby Volkening meets Thursdays 9:30am.-10:30am. This class is sponsored by a grant through FCHCC and EOEA. Donations go towards additional exercise sessions.

PVRS Weight Room is open to all town residents and is open Mon, Wed and Fri nights 6:30-7:30. Let Abby help you get in shape for the spring.

Blood Pressure Clinic: Walk-in clinic 1st and 3rd Tuesday every month!

Foot Clinic: By appointment the 1st and 3rd Tuesday every month, by appointment. 498-2186. Please bring a towel with you.

Caregivers: meets every 2nd Friday to support and share in this journey. Facilitated by Heather, join in the discussion.



There is always one a puzzle in progress! Come help us while you wait for lunch, a friend or just enjoy the sunshine streaming through the windows as you sip your coffee and a cookie!



Would you like to receive the Newsletter? Consider a \$6 donation to cover mailing costs, or send look on the Town Website!



Council on Aging Board:

Gwen Trelle-Chair
Genevieve Clark-Vice Chair
Irene Jurkowski- Treasurer
Leona Labor-Secretary
Ted Thornton, Suzanne McGowan, Rhoda Yucavich, Gail Bedard



February 2016 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 Macaroni & Cheese Italian Veg Blend Wheat Bread Fresh Orange</p>  	<p>2 American Chop Suey Broccoli Italian Bread Pears</p> 	<p>3 Grilled Chicken Breast Coq au Vin Sauce Sour Cream & Chives Mashed Potatoes Riviera Veg Blend Wheat Bread Sugar Cookie Diet: Lorna Doons</p> 	<p>4 Potato Leek Soup Roast Turkey Tarragon Gravy Butternut Squash Dinner Roll Fresh Fruit Alternate Meal: Chicken Breast w/Red Pepper Pesto, Mac Salad, 3 Bean Salad.</p> 	<p>5 Chicken Jambalaya Brown Rice Tossed Salad HDM: Corn Multigrain Bread Pineapple</p> 
<p>8 Shepherd's Pie Carrots Rye Bread Apple Cinnamon Muffin Diet Straw Grahams</p> 	<p>9 Portuguese Kale Soup Grilled Chicken Breast Herb Sauce Couscous w/Pepper Wheat Bread Peaches</p> 	<p>10 Broccoli Cheese Bake Corn Stewed Tomatoes Multigrain Bread Vanilla Yogurt</p> 	<p>11 Baked Ham Pineapple Sauce Scalloped Potatoes Calif Veg Blend Dinner Roll Apple Cherry Crisp Diet: Apple Grahams Alternate Meal: Roast Beef, Potato Salad, Chick Pea Cilantro Salad.</p> 	<p>12 Breaded Alaskan Pollock Spanish Rice Tossed Salad Wheat Bread Mandarin Oranges</p> 
<p>15 President's Day</p>  <p>No Meals Today</p>	<p>16 Chicken Kielbasa Baked Beans Carrots Rye Bread Applesauce</p> 	<p>17 Three C Soup Roast Pork Apple Cider Sauce Sweet Potatoes Dinner Roll Pineapple</p> 	<p>18 Ground Beef Burger Mushroom Sauce Whipped Potatoes Tossed Salad Wheat Bread Fresh Fruit Alternate Meal: Chicken w/peach salsa, Beet Salad, Rice and Black Bean Salad.</p> 	<p>19 Vegetable Lasagna Tomato Basil Sauce Italian Veg Blend Italian Bread Lemon Cake Dt: Lemon Grahams</p> 
<p>22 Grilled Chicken Breast Pesto Cream Sauce Tricolor Rotini Genoa Veg Blend Multigrain Bread Strawberry Cup</p> 	<p>23 Sweet and Sour Meatballs Brown Rice Winter Veg Blend Wheat Bread Mixed Fruit</p> 	<p>24 Veg Gumbo Soup Salisbury Steak Onion Gravy Au Gratin Potatoes Multigrain Bread Blueberry Yogurt</p> 	<p>25 BBQ Chicken Tater Tots Tossed Salad Hamburg Roll Fresh Orange Alternate Meal: Tortellini Salad, Beet Salad, Pasta Salad.</p> 	<p>26 Baked Salmon Dill Sauce Red Bliss Potatoes Brussels Sprouts Wheat Bread Ginger Cookie Diet: Gingerboy</p> 
<p>29 Autumn Harvest Soup Shaved Steak Cheese Sauce Baked Potato Sub Roll Mandarin Oranges</p> 		<p>For those watching their sodium intake, please check the menus here at the center.</p>	<p>Our monthly Potluck lunch will be February 24 at noon. Let us know you'll be joining us and what you'll be bringing. We have lots of fun and enjoy a good meal!</p>	

Congregate meals are served Mon., Tues., and Thurs. at 11:30am. Suggested donation is \$2.50 for seniors and \$3.00 if under 60.

You must call 498-2186 at least 1-2 days in advance by 10a.m. to sign up for meals!



February 2016 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
Van Trips 8th: Hinsdale Walmart; The Marina 12th: Lunch at the Franklin County Tech School 19th: Market Basket 22nd: Keene Walmart; Longhorn Steakhouse	Movies First Friday Film: "The Enigma Game"; the story of the cracking of the code in WWII Third Thursday Movie: "American Graffiti"; the story of coming of age in the 60's.	 Come hear great music! Betsey Lewellyn is here for lunch on many Mondays and Thursdays. Every Tues: ROMEOs	"This is Your Town"  The Third and Final Settlement Jan. 26; 9 am	Sunday, Feb. 14, 1:00pm "Jerry and Mabel" will be performed here at the Senior Center, co-sponsored with the Friends of the Library
1 9am Bridge  11:30 Lunch  12:30 Hand and Foot 	2 9 am Foot Clinic (by appt.) and Blood Pressure Clinic  11am ROMEOs  11:30 Lunch  12:30 Bingo 	3 9:00 am Bridge  11am Healthy Bones and Body 	4 9:30 Yoga  10:30 Brown Bag unload 11:30 Lunch  11:30 Betsy  12:15 BB Bagging 12:30 BB pick up 	5 12:00 Bridge (by sign-up)  12:30pm First Friday Film: 'The Enigma Game' 
8 9am Bridge  9:30 Hinsdale Walmart; The Marina 11:30 Lunch  12:30 Hand and Foot 	9 11am ROMEOs  11:30 Lunch  12:30 Bingo 	10 9:00 Bridge Lessons  11am Healthy Bones and Body 	11 9:30 Yoga  11am Jennifer from Walgreens 11:30 Betsy  11:30 Lunch and Valentine's Day Celebration 	12 10-11 Caregivers Meeting  11:00 Lunch at Franklin County Tech School  12:00- Bridge (by sign-up) 
15 President's Day  Senior Center Closed	16 9 am Foot Clinic (by appt.) and Blood Pressure Clinic  11am ROMEOs  11:30 Lunch  12:30 Bingo 	17 9:00 Bridge Lessons  11am Healthy Bones and Body  12:30-3:30pm Liberty Tax 	18 9:30 Yoga  11:00 Lorrie Byrom- "India"  11:30 Lunch  1:30 Generations of Fun  7-10pm 3rd Thursday Movie "American Graffiti" 	19 9:00 COA Meeting  9:30-12 pm Liberty Tax  12:30 Market Basket 12:00 Bridge (by sign-up)  
22 9:00 Bridge  9:30 Keene Walmart; Longhorn Steakhouse  11:30 Lunch 12:30 Hand and Foot 	23 9-11 am Vet Rep 11am ROMEOs  11:30 Lunch  12:00 senior meeting 12:30 Bingo 	24 9:00 Bridge Lessons  11am Healthy Bones and Body  12:30-3:30pm Liberty Tax  Noon: POTLUCK 	25 9:30 Yoga  11:30 Betsy  11:30 Lunch 	26 9:00 "This is Your Town"  The Third and Final Settlement 9:30-12  pm Liberty Tax Noon Bridge (by sign-up) 